

# Health Education



# 2005

**Programs, Information & Resources**  
*For Kids, Adults & Seniors*



**CIGNA HealthCare  
of Arizona**

*A Business of Caring.*

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IN EMERGENCY SITUATIONS

# Call 911

OR GO TO THE NEAREST  
EMERGENCY ROOM

CIGNA Medical Group  
Health Education Department  
E-mail: [CIGNAHealthEducation@cigna.com](mailto:CIGNAHealthEducation@cigna.com)  
Web site: [www.cigna.com/cmga](http://www.cigna.com/cmga)  
Telephone: 602.861.7260

CIGNA MEDICAL GROUP  
HEALTH CARE CENTER LOCATIONS

EAST VALLEY

- Chandler Health Care Center**  
1717 W. Chandler Boulevard - Chandler
- CJ Harris Health Care Center**  
1920 E. Baseline Road - Tempe
- Gilbert Health Care Center**  
4001 E. Baseline Road - Gilbert
- Scottsdale Health Care Center**  
7631 E. Indian School Road - Scottsdale
- Stapley Health Care Center**  
1111 S. Stapley Drive - Mesa
- Superstition Springs Health Care Center**  
6811 E. Superstition Springs Boulevard - Mesa
- Tempe Health Care Center**  
433 W. Broadway Road - Tempe

CENTRAL VALLEY

- Clyde Wright Health Care Center**  
755 E. McDowell Road - Phoenix
- North Valley Health Care Center**  
710 W. Bell Road - Phoenix
- Paradise Valley Health Care Center**  
12635 N. 42nd Street - Phoenix
- The Pointe Health Care Center**  
7600 N. 15th Street, Suite 185 - Phoenix
- South Mountain Health Care Center**  
7236 S. Central Avenue - Phoenix

WEST VALLEY

- Deer Valley Health Care Center**  
16635 N. 43rd Avenue - Phoenix
- Paseo Health Care Center**  
5891 W. Eugie Avenue - Glendale
- Sun City Health Care Center**  
13041 N. Del Webb Boulevard - Sun City
- Sun City West Health Care Center**  
14300 W. Granite Valley Drive, Suite 12-C  
Sun City West
- Westridge Health Care Center**  
2302 N. 75th Avenue - Phoenix

REGISTRATION

DIABETES EDUCATION & ENROLLMENT

**Pre-registration is required, but you do not need a referral.** To schedule your one-on-one appointment, or for class information and schedules, call any of the convenient CIGNA Medical Group Health Care Centers listed below and ask for Diabetes Education Program scheduling. See page 18 for more information and program fees.

<b>East Valley</b>	
CJ Harris .....	480.345.5103
Scottsdale .....	480.994.2911
Stapley .....	480.464.8500
Superstition Springs .....	480.641.4000

<b>Central Valley</b>	
Clyde Wright .....	602.271.5201
South Mountain .....	602.276.5565

<b>West Valley</b>	
Deer Valley .....	602.843.7900
Paseo .....	602.588.6601
Sun City .....	623.876.2829
Westridge .....	623.849.7500

**Pre-registration is required.** To register for the classes (except Diabetes Education) listed in this brochure, simply call the Health Education Department at 602.861.7260. A minimum number of participants is required for classes to be held. We reserve the right to cancel those classes not meeting this requirement.

Most classes, with the exception of the Diabetes Education Programs, are free to CIGNA HealthCare members. Non-members will be charged \$10 per session. Some classes may require an additional fee from both members and non-members to cover the cost of materials and/or instruction.



## ACCESSING HEALTH INFORMATION ON THE INTERNET

The amount of health care information available on the Internet is growing every second. This means there is a wealth of information available to you as the consumer. It also means that being a smart Web consumer is even more important.

There are many Web sites that offer valuable information about general health and wellness, as well as sites offering in-depth information on specific conditions. However, not all Web sites are created equal. Because CIGNA HealthCare recognizes the Web as a valuable tool, we have developed a few steps you can take to be a smart Web consumer of health care information and services. When you look for health care or medical information on the Internet, keep these questions and principles in mind:

- 1 Can you identify the author?
- 2 Are the author's experiences relevant to the topic?
- 3 Are the author's credentials listed?
- 4 Is there a way to contact the author directly?
- 5 Does the Web site explain how research supports the advice or information?
- 6 Does the site state that contributors or sponsors have no control over content?
- 7 Is the information current? Can you tell when the last update was done?
- 8 Is the information still relevant? (*For example, a new HIV treatment posted two years ago may no longer be the most appropriate treatment today.*)
- 9 Are the linked sites current?
- 10 Look to ensure that when medical advice or prescriptions are offered there is a licensed medical provider connected with the site.



## HEALTH ON THE NET

**www.hon.ch**

Health on the Net Foundation is an organization of medical

Web sites that has created a code of conduct to ensure that its members provide accurate, credible information and maintain the privacy of users. This Web site is a great place to begin your research.

## SHARING INFORMATION WITH YOUR PHYSICIAN OR HEALTH CARE PROFESSIONAL

Medical information found on the Internet can be a valuable tool for starting good, two-way communication with your health care provider. When you prepare for your visit using Web information, you'll want to keep the following pointers in mind to make sure your visit is productive:

- 1 Think about the questions raised by the information you read and make sure to ask them during your visit.
- 2 Make sure the information you are sharing with your physician or health care professional is relevant to your current visit.
- 3 You'll want to spend your time with the doctor talking about your situation, so bring copies of the articles you found to leave behind with your doctor.
- 4 When you collect information from the Internet to share with your doctor, make sure to keep track of the sources of that information. This way, if you want to go back later or if your doctor wants to get a better look, the Web sites or sources can be located.

# PREVENTIVE HEALTH GUIDELINES

**ARE YOU DOING ALL YOU CAN** to help yourself stay healthy? We encourage you to contact your doctor to take advantage of the preventive care services that are offered through your health care plan. You may find these guidelines to be a good reference for you and your family. For more information, go to [www.cigna.com](http://www.cigna.com), or call Member Services at the toll-free number on your CIGNA HealthCare ID card. If you are due for a visit, call your doctor for an appointment and to discuss and obtain preventive care services that are appropriate for you.

## BIRTH TO 2 YEARS

**Well-baby exam:** at birth, 1, 2, 4, 6, 9, 12, 15, 18 and 24 months. In addition to general advice on your baby's health and development, your baby should have an exam and may receive the following immunizations and screenings, depending on clinical presentation and physician assessment:

## IMMUNIZATIONS

- **Diphtheria, tetanus and acellular pertussis (DTaP):** at 2, 4 and 6 months and between 15 and 18 months
- **Haemophilus influenzae b (Hib):** at 2, 4 and 6 months and between 12 and 15 months
- **Hepatitis B virus (HBV):** at birth, 1 to 4 months and 6 to 18 months; or at 1 month, 2 to 4 months and 6 to 18 months
- **Measles-mumps-rubella (MMR):** between 12 and 15 months
- **Pneumococcal conjugate (PCV):** at 2, 4 and 6 months and between 12 and 15 months
- **Poliovirus (IPV):** at 2 and 4 months and between 6 and 18 months
- **Varicella (chicken pox):** between 12 and 18 months
- **Influenza vaccine:** between 6 and 23 months

## SCREENINGS

- **Hearing:** as a newborn and as child's doctor advises
- **Hemoglobin and hematocrit (Hgb/Hct):** once between 9 and 12 months
- **Weight, length and head circumference:** at each visit

## AGES 3 TO 10

**Well-child exam:** once a year for children ages 3 to 5 and every 2 years for children ages 6 to 10. You should receive advice about your child's safety, health and development. In addition, during this exam your child may receive the following immunizations and screenings, depending on clinical presentation and physician assessment:

## IMMUNIZATIONS

- **Diphtheria, tetanus and acellular pertussis (DTaP):** between ages 4 and 6
- **Measles-mumps-rubella (MMR):** between ages 4 and 6 or 11 and 12, if not given earlier
- **Poliovirus (IPV):** between ages 4 and 6
- **Varicella (chicken pox):** if no evidence of prior immunization or chicken pox

## SCREENINGS

- **Blood pressure:** at each visit
- **Eye exam:** at ages 3, 4, 5, 6, 8 and 10 or as child's doctor advises
- **Hearing:** at ages 4, 5, 6, 8 and 10 or as child's doctor advises
- **Height and weight:** at each visit



## AGES 11 TO 18

**Well-person exam:** once a year during this age range. During this exam your child may receive the following immunizations and screenings, depending on clinical presentation and physician assessment:

### IMMUNIZATIONS

- **Hepatitis B virus (HBV):** between ages 11 and 18 if not previously immunized
- **Measles-mumps-rubella (MMR):** if not already immune
- **Tetanus-diphtheria (Td) booster:** every 10 years
- **Varicella (chicken pox):** if no evidence of previous immunization or chicken pox

### SCREENINGS

- **Blood pressure:** annually
- **Eye exam and hearing:** at ages 12, 15 and 18 or as child's doctor advises
- **Height and weight:** annually

## AGES 19 AND OLDER

**Well-person exam:** as often as your doctor advises. At this exam you may receive the following immunizations and screenings, depending on clinical presentation and physician assessment:

### IMMUNIZATIONS

- **Influenza (flu):** ages 19 to 49, as your doctor advises; ages 50 and older, annually
- **Pneumonia vaccine:** ages 65 and older, once
- **Rubella (German measles):** women of childbearing age if not immune
- **Tetanus-diphtheria (Td):** every 10 years



## SCREENINGS

- **Blood pressure:** every 2 years as your doctor advises
- **Chlamydia:** sexually active females under age 25
- **Cholesterol (complete lipoprotein profile, fasting or nonfasting):** ages 20 and older, every 5 years
- **Clinical breast exam:** women ages 20 to 39, every 3 years; ages 40 and older, annually
- **Colon cancer:** ages 50 and older, one of the following:
  - hidden blood in stool test, annually
  - flexible sigmoidoscopy, every 5 years
  - hidden blood in stool test plus flexible sigmoidoscopy, every 5 years
  - double-contrast barium enema, every 5 years
  - colonoscopy, every 10 years
- **Diabetes:** ages 45 and older, or if history of gestational diabetes, every 3 years
- **Hearing:** ages 65 and older or as your doctor advises
- **Height and weight:** periodically
- **Mammogram:** women ages 40 and older, annually
- **Pap test:** women ages 19 to 64, at least every 3 years if sexually active and cervix present; women ages 65 and older may discontinue if prior pap tests were consistently normal
- **Vision (by Snellen chart):** ages 65 and older, as often as your doctor advises





## WOMEN DURING PREGNANCY

Pregnant women should visit their doctor or OB/GYN in their first trimester of pregnancy for an initial evaluation and to establish a prenatal care schedule. During this visit, your doctor will check your health and the health of your baby. Based on your individual medical history, your doctor may recommend additional tests and care, which may include the following depending on clinical presentation and physician assessment:

- **Vitamins and supplements:** talk with your doctor about taking a prenatal multivitamin with folic acid. Taking 0.4 mg of folic acid a day can help reduce the risk for neural tube defects.
- **Blood tests:** during first prenatal care visit to detect anemia, hepatitis B, rubella and sexually transmitted diseases, such as syphilis and HIV. They are also used to determine the mother's blood type.
- **Chlamydia culture:** during first prenatal care visit
- **Urine tests:** as recommended by your doctor
- **Diabetes screening:** between weeks 24 and 28
- **Culture for Group B strep:** between weeks 35 and 37 to check for Group B streptococcal infection

Additional tests that may be ordered based on individual health factors:

- **Serum alpha-fetoprotein:** between weeks 16 and 18 to screen for neural tube defects, such as spina bifida
- **CVS (chorionic villus sampling):** before week 13, or amniocentesis between weeks 15 and 18; women ages 35 and older and women at risk for passing on certain chromosomal disorders. These tests screen for certain genetic disorders.
- **Multiple marker screening:** between week 15 and 18. This test screens for down syndrome as well as chromosomal abnormalities.
- **Hemoglobinopathy screening:** if at risk for passing on certain blood disorders, such as sickle cell disease.

*These preventive health guidelines are based on recommendations from the American College of Obstetricians and Gynecologists, American Academy of Pediatrics, U.S. Preventive Services Task Force, American Cancer Society and other nationally recognized authorities. These preventive health guidelines are only a general guide. Always discuss your particular preventive care needs with your doctor.*

*FOR ADULTS: Physical exams are an important part of preventive care. Be sure to schedule regular exams with your doctor and consult with him or her about additional screenings, examinations and immunizations that may be appropriate.*

*FOR CHILDREN: Your children will likely need additional preventive care services, such as laboratory screenings or additional immunizations. Consult with your child's doctor about specific recommendations for your child. Please refer to your benefits materials for specific coverage information.*



## PROGRAMS, INFORMATION & RESOURCES



### CHILDREN'S HEALTH ISSUES WEB SITE

If you would like comprehensive, accurate and up-to-date information on children's health issues, we encourage you to visit the *American Academy of Pediatrics* Web site at

**[www.aap.org](http://www.aap.org)**

Once you're at the site, simply type in the key words specific to the health topic you are researching in the search bar. It will then link you to the most current information on that topic as well as provide you with various other links. You can find information on a variety of topics including:

- Basic Care: infancy through age 5
- Basic Care: age 5 through 12
- Answers to medical and parenting questions
- Guidance on discipline, nurturing, age-appropriate toys, safety and family issues
- Learning how to deal with nightmares, toilet training, bed-wetting, temper tantrums and other challenges

You can visit us on our Web site:  
**[www.cigna.com/cmgaaz](http://www.cigna.com/cmgaaz)**

*Information about children's health on this page is brought to you directly from the American Academy of Pediatrics and the nation's other leading medical societies.*



# CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

## LIVING A HEALTHY LIFE WITH A CHRONIC CONDITION



This program is designed for people with a chronic condition like asthma, arthritis, congestive heart failure, diabetes, high blood pressure or heart disease.

This free, six-week course, held for 2 1/2 hours each week, is designed for individuals who have a chronic disease. Developed and evaluated by Stanford University, this course focuses on all chronic conditions rather than a specific disease. You will develop skills and the confidence to coordinate all of the things needed to manage your health as well as to help you maintain an active and fulfilling life. This program does not replace any of your existing programs or treatment. It is designed to enhance your treatment and disease-specific education.

If you participate in the program, you can expect to enhance or improve your:

- Communication with your care team
- Confidence in your ability to manage your condition
- Understanding of relaxation techniques and their role in your care plan
- Desire to include exercise as part of your care plan

Subjects covered include techniques to deal with problems such as:

- Frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating effectively with family, friends and health professionals
- Nutrition
- Goal setting

Each participant will receive a workbook, *Living a Healthy Life with Chronic Conditions*, and an audio relaxation tape, *Time for Healing*. Classes are held at various CIGNA HealthCare locations at a variety of times.



**CALL 602.861.7260  
FOR MORE INFORMATION**

## CIGNA HEALTHCARE 24-HOUR HEALTH INFORMATION LINE<sup>SM</sup>

Using your telephone can now be a valuable health information resource. Simply call the CIGNA HealthCare 24-Hour Health Information Line<sup>SM</sup> for helpful, reliable information on a wide range of health topics. You can call 24 hours a day, any day of the year and have the opportunity to speak to a Registered Health Information Nurse. Our Registered Health Information Nurses can discuss your medical problem or situation, offer answers to your questions and direct you to medical assistance, if necessary.

### VARIETY OF TOPICS

Or if you prefer, you can choose to listen privately to automated health, fitness and wellness information from our extensive audio library. Our tapes address topics that affect every member of the family, including childhood illnesses, pregnancy, parenting, men and women's health issues, mental health, elder concerns and much more.

### HOW TO ACCESS INFORMATION

Just call the toll-free number on your CIGNA HealthCare ID card. Voice prompts guide you to the information you require.

*CIGNA HealthCare In-Network plan participants automatically have access to the **CIGNA HealthCare 24 Hour Health Information Line<sup>SM</sup>** as part of your health benefits plan. If you have questions about this service please call CIGNA HealthCare Member Services at the phone number on your CIGNA HealthCare ID card.*

## COMMUNITY INFORMATION & REFERRAL

### TEEN LINK

This is a free 24-hour telephone information help line with messages of interest to teens, their families, friends and teachers. A caller may connect with a live operator at any time while a message is playing to help them with an emergency situation or to make referrals to other helping organizations. Bilingual information and referral specialists are available to assist callers. Simply call:

**Metropolitan Phoenix 602.235.9678**

### FOR ADULTS

Community Information and Referral Service (CIR) is a nonprofit human services organization whose primary mission is "to gather and provide information of vital concern to the community in order to help people in need." CIR serves people by providing hotline information for the appropriate governmental program, nonprofit agency, community organization or self-help support group that can assist with their specific problem or need.

**Metropolitan Phoenix 602.263.8856**

The CIR helplines are free, and available 24 hours a day, every day, including holidays. All calls are confidential. Bilingual information and referral specialists are available to assist callers.

## COPING WITH CHRONIC PAIN CLASS

This class is designed for people with chronic pain such as back pain, neck pain, whiplash, migraine headaches and fibromyalgia. This class provides coping tools and strategies to help manage chronic pain. This class does not replace your current treatment for chronic pain. It is intended to strengthen your ability to cope with chronic pain through other tools such as relaxation techniques, humor, aromatherapy and more.

This free, monthly class is held for two hours on the fourth Tuesday of every month. Pre-registration is required, but you do not need a referral. To register or for class information, call 602.861.7260.

The class is held at the Clyde Wright Health Care Center at 755 E. McDowell Road – Phoenix

## DIABETES EDUCATION CLASSES

*Follow the A,B,C Path to plan your diabetes education*

### ASSESSMENT

Meet with a diabetes educator to discuss your individual care plan. This individual appointment is required prior to entering the Basic Class Series.

### BASIC CLASS SERIES

This class is a comprehensive, personalized program of diabetes education. After your individual assessment, you will enter a series of five weekly classes (two hours each) addressing key issues in diabetes self-management. Upon completion of the classes, follow up either in a group setting or individually. Depending on your benefit plan, you may be charged for group and/or individual classes. Group Diabetes Education is free to Medicare Advantage members. Family members are welcome to attend with a CIGNA member at no charge. Non-members (fee-for-service) are welcome to attend, but advised to consult their health insurance carriers for reimbursement information.

## CONTINUING DIABETES EDUCATION

If you have completed the Assessment and Basic Class Series but would like to stay connected to your diabetes education team, this class may be for you. It is held at various times during the year to provide updated information, self-care motivation, and the opportunity for you to get your questions answered by certified diabetes educators. Payment may be required, depending on your coverage plan.

**Call 623.876.2355  
for more information.**

*Specialty Diabetes Classes are offered at the  
Clyde Wright Health Care Center Only*

## INTENSIVE INSULIN MANAGEMENT CLASS

If you are using insulin and want to learn carbohydrate counting, pattern management and strategies for improved control of your diabetes, this class may be for you. The Assessment and Basic Class Series are required prior to enrolling in this class.

## GESTATIONAL DIABETES CLASS

If you are diagnosed with diabetes during your pregnancy, CIGNA Medical Group recommends that you attend this class. You will learn the principles of proper blood glucose control to help ensure the delivery of a healthy baby.

## BASIC CLASS SERIES IN SPANISH

This class (taught in Spanish) provides basic diabetes education and includes information about diet, blood testing, medications, exercise and behavior modification. An individual assessment is required.





**TO REGISTER FOR A SPECIALTY DIABETES CLASS, CALL ONE OF THE HEALTH CARE CENTERS LISTED BELOW:**

**East Valley**

- CJ Harris .....480.345.5103
- Scottsdale .....480.994.2911
- Stapley .....480.464.8500
- Superstition Springs .....480.641.4000

**Central Valley**

- Clyde Wright .....602.271.5201
- South Mountain .....602.276.5565

**West Valley**

- Deer Valley .....602.843.7900
- Paseo .....602.588.6601
- Sun City .....623.876.2829
- Westridge .....623.849.7500

**FOR GENERAL INFORMATION CALL  
623.876.2355**

**HEALTH EDUCATION AT THE WORKSITE**

The Health Education Department has a wide variety of classes that can be presented at your place of business. A 20-person minimum is required for a class to be held at the worksite. Classes may require a fee to cover the cost of materials and instruction.

**INFORMATION**

Contact your Employee Benefits Department for more information on how to bring these classes to your worksite. Simply have them call our Health Education Department at 602.861.7260 for more information and for a complete listing of health education class offerings. We offer classes on a variety of topics including:

- Advance Directives
- Allergies
- Aging
- Back Care
- Cancer Prevention
- Exercise
- Healing with Humor
- Hypertension
- Improving your Memory
- Stress Management
- Tobacco Cessation
- Weight Management
- Women’s Health Issues



## MEDICAL NUTRITION THERAPY

### INDIVIDUAL COUNSELING

Registered dietitians are available for all medical nutrition needs. CIGNA HealthCare members pay a non-specialist copay for individual appointments. Non-members (fee-for-service) are welcome, but advised to consult their health insurance carriers for reimbursement information.

## HEALTHY EATING CLASS

Learn how to...

- Eat to lose or maintain weight
- Eat to manage cholesterol
- Eat to manage blood pressure
- Eat to prevent Type 2 diabetes

There is no charge for CIGNA HealthCare members. To register, call one of the following locations:

- CJ Harris Health Care Center  
480.345.5103
- Clyde Wright Health Care Center  
(class is also offered in Spanish at this location)  
602.271.5201
- Deer Valley Health Care Center  
602.843.7900
- South Mountain Health Care Center  
602.276.5565
- Sun City Health Care Center  
602.876.2829
- Superstition Springs Health Care Center  
480.641.4000
- Westridge Health Care Center  
623.849.7500

## HEART FAILURE EDUCATION

Learn how to help us help you. Knowing more about your condition can help you to improve your quality of life and prevent further damage to your heart. You will learn about your medications, the importance of diet and the symptoms that require immediate medical attention. For more information call 623.876.2355.

## MINDFULNESS-BASED STRESS REDUCTION (MBSR)

CIGNA Medical Group's Mindfulness-Based Stress Reduction (MBSR) class is based on the program developed and used by Jon Kabat-Zinn PhD. at the University of Massachusetts Medical Center for over 20 years. MBSR was developed to help people manage their stress, pain and illnesses more effectively. Mindfulness, or nonjudgemental awareness of the present moment, is cultivated through lying and sitting meditations, light stretching or yoga and walking. The majority of people who participate report a lasting decrease in both physical and psychological symptoms. Most also report an increased ability to relax, greater energy, an enthusiasm for life, improved self-esteem and an increased ability to cope more effectively with stressful situations. Pain levels generally improve and people learn to cope better with pain that may not go away.

If you are interested in learning more about the eight-week MBSR class, you are encouraged to attend an orientation. (Dates and times to be announced.) You will meet with Kirk Strawn M.D. and Jay Summers PhD., who will describe the class in more detail and explain the cost of the materials you will need to purchase and the time commitment required. Following the orientation, you will be given the opportunity to sign up for the class and to purchase the required CD set.

To register for the orientation or to find out more about this class, please contact the Health Education Department at 602.861.7260.



# SMOKING CESSATION

## ARIZONA SMOKERS' HELPLINE (ASH)

The Arizona Smokers' Helpline (ASH) specializes in adolescent, prenatal and adult smoking cessation, for all forms of tobacco addiction (cigarettes, pipes, cigars and smokeless tobacco products).

### HELP FOR ALL AGES

The Arizona Smokers' Helpline is a free, telephone-based counseling program designed to help you quit tobacco. The program helps tobacco users of all ages who are trying to quit or are thinking about quitting tobacco. You will receive educational materials and arrangements will be made for you to receive counseling at a time most convenient for you. When you call, a trained professional helpline counselor will assess your needs and offer you a choice of services. You make it all happen at your convenience.

### THE LINES ARE OPEN

This service, which is offered in both English and Spanish, is available Monday - Thursday 9 a.m. - 8 p.m. and Friday 9 a.m. - 6 p.m. All other times, you will have access to recorded or fax tips – available by topic. You may also leave a message and a counselor will return your call as soon as possible.

### EMAIL/WEB RESOURCE

You may also contact the ASHline by e-mail at [ashline1@u.arizona.edu](mailto:ashline1@u.arizona.edu). A helpline counselor will reply to your questions by e-mail within 48 hours.

More information is also available through an interactive Web site – [www.ashline.org](http://www.ashline.org). This site provides assistance for whatever stage you're in – thinking about quitting, ready to quit, already quit or helping someone else to quit.

**CALL 1.800.556.6222  
FOR MORE INFORMATION**

## STOP SMOKING CLASSES

Studies show that nicotine found in cigarettes is highly addictive. While some people can quit smoking cold turkey, others need a little guidance in learning how to live their lives tobacco-free. Behavior modification classes are offered Valley-wide and will give you the skills necessary to quit successfully.

Simply contact the Arizona Smokers' Helpline at 800.556.6222 for more information on the locations of these classes in your area. Or visit their Web site at [www.ashline.org](http://www.ashline.org) for a statewide cessation services directory.

### ASH FUNDING

*Arizona Smokers' Helpline is a project of the Arizona Tobacco Education and Prevention Program, Arizona Department of Health Services, Division of Public Health Services, through funding from the Tobacco Tax and Health Care Act.*



**VISIT THE ASH WEB SITE  
[www.ashline.org](http://www.ashline.org)**



## SUN CITY LECTURE SERIES

This lecture series is designed to educate all participants on the disease process, treatments and medication to improve overall health.

A variety of topics are presented to provide information and medical updates to the widest audience possible. Lectures are held every two months for one hour.

### HAIM BARTALL, M.D.

Internal Medicine physician and cardiologist at our CIGNA Health Care Center in Sun City, is our guest speaker for these bi-monthly seminars.

### CLASS LOCATION

Classes are held at our Sun City CIGNA Health Care Center. There is no pre-registration necessary. Seminars are free and open to the public. Call 623.876.2172 for more information.

### TOPICS INCLUDE:

- Congestive Heart Failure
- Chronic Obstructive Pulmonary Disease
- Respiratory Diseases
- Pneumonia
- Stress Management

## TAI CHI

Tai Chi is the ancient Chinese art of relaxation and healing. It has been recognized by medical experts as a practical, effective way to alleviate chronic pain, reduce stress, lubricate joints and fortify your immune system. You may find renewed energy and vitality through Tai Chi. Great focus, awareness and concentration will help you deal with life's challenges while bringing you into a state of inner harmony.

### LOCATION\*

Classes meet at:

- Lake View Community Center  
10626 W. Thunderbird Road, Social Hall #2  
Sun City
- Trilogy at Power Ranch  
4369 E. Village Parkway  
Gilbert
- CIGNA HealthCare Support Center  
8826 N. 23rd Avenue  
Phoenix

Pre-registration is required. To register, contact the Health Education Department at 602.861.7260. Classes are free to CIGNA HealthCare members.

### TAI CHI 1: FOR THE BEGINNER

#### Length of series varies

This multi-session class provides a gentle fitness program for the body, mind and spirit. Participants can expect to experience increased balance, flexibility and strength. *Participants cannot attend Tai Chi I and II at the same time.*

### TAI CHI 2: FOR THE MORE ADVANCED

#### Length of series varies

This multi-session class is a follow-up to the initial class for those who are ready to move on to the next level. You must have completed Tai Chi I in order to enroll in this class. *Participants cannot attend Tai Chi I and II at the same time.*

*\*Location may vary*

## WEIGHT MANAGEMENT

## WEIGHT WATCHERS FOR KIDS

There are many challenges facing adolescents and teens who are trying to manage their weight. Weight Watchers is helpful and supportive to your child, without making them feel pressured. They will teach your child how to reduce their calorie intake and about the importance of physical activity. Any child between the ages of 10 and 17 may attend free of charge as long as a paying adult accompanies them. A one time \$25/per child materials fee is required upon registration, and the child must have a physician's note with a goal weight recommendation.

## WEIGHT WATCHERS FOR ADULTS

This program teaches you how to take the fat out of eating without taking the eating out of your life. You can learn effective skills and get the support you need to create positive lifestyle habits. Present your CIGNA HealthCare ID card at any regular Weight Watchers meeting and receive \$5 off the standard registration/first weekly fee and a \$1 discount off the current weekly fee.

Discount does not apply to Weight Watchers lifetime members.

**FOR MORE INFORMATION  
ABOUT JOINING  
WEIGHT WATCHERS OF ARIZONA, INC.**

**CALL: 602.248.0303**

or **1.800.651.6000**

[weightwatchers.com/arizona](http://weightwatchers.com/arizona)

## NOTES: